

2019

Hortonville Football



Player & Parent Handbook

Introduction

The Player & Parent Handbook is intended for middle school and high school football players and their parents. It will provide you with information about how the program works and our program philosophy. A signature is required from both the player and a parent or guardian that states you have received, fully read, and understand the contents of the handbook. The contract form is located on the final page of this document and needs to be turned in to the head coach of your team before you may participate. If you have any questions or concerns before signing please contact Coach Kolosso at thomaskolosso@hasd.org.

Mission Statement

The mission of the Hortonville football program is to develop strong young men who will be an asset in their community. By constantly teaching and reinforcing our core values we will develop leaders who have the skills to be good students, husbands, fathers, neighbors, co-workers, etc. Participation in football is great practice and preparation for the rest of your life.

Core Values

- Commitment
- Trust
- Maximum Effort
- Mindfulness
- Passion
- Mental Toughness

Our core values are things our coaching staff believes are essential to success on the football field. More importantly, they are also things that will set up our players to be successful once they are finished playing football. As a staff we are going to teach, model, and reinforce these values every day to the best of our ability. It is our hope that our program and our players become defined by these attributes.

Communication

Communication is vital to the success of any team or organization. There are many ways that we communicate information to our players and parents in this program. Here are the tools we use to communicate and how to access them:

- **HASD Website**

The coaching staff maintains a website for the team at <http://www.hasd.org/schools/hs/hhsactivitiesfootball.cfm>. On the website you will find practice and game schedules when they become available, registration forms for camps and flag football, announcements, and other information regarding the program.

- **Polar Bear Football on Twitter**

The coaching staff also maintains the Twitter account @PolarBearFBall. This is a great place to get news about the program and a place where we promote the positive things our team and players are doing. #RollBears

- **Remind**

Remind is an app you can access through your phone or by email. Our JV & Varsity teams used it for the first time last season and will be using it again this season. There will also be a Remind group set up for the Freshmen team, and the middle school teams at HMS and GMS.

Here is how you can join the **JV & Varsity Football** group:

If you are going to use your cell phone to join the group text "@coachkolos" to the number 81010.

If you are going to use your email address to join the group send an email to coachkolos@mail.remind.com

Instructions to join the Freshmen and middle school groups will be coming after those groups are created by the head coaches of those programs. It will be the same process with different information.

- **Booster Club Mass Email List**

William Allen, our current Hortonville Football Booster Club President, has an email list that he uses to communicate with parents regarding important dates, booster meetings, and other information regarding the program. If you are not already receiving these emails send him a message at william@alleninsurancewi.com and he will include you in future emails. Parents of players at all age levels are encouraged to be involved in the booster club and would benefit from receiving these emails.

Hortonville Football Program Philosophy & Participation

Youth Flag Football – We offer a flag football program on Saturday's in the fall for players in grades 1-6. The goal is to introduce our youngest players to the game of football and for them to have FUN with their friends. As a football program we do not endorse playing tackle football prior to the 7th grade. Parents have the option to participate in programs like Pop Warner if they wish for their kids to start playing tackle football earlier.

****We will need 10-12 grade players to volunteer for at least two Saturday mornings as an official for flag football. These hours count for your service hours for graduation. Flag Football is also a big fundraiser for our program.***

7th & 8th Grade Middle School Football– Our goal at the middle school level each year is for our players to have fun, learn the game of football, learn to be a great teammate, and come back out for football again the following season. We stress development at this level and 100% participation for players who are in good standing with the team. Being in good standing with the team means you attend all team functions and practices unless excused, are putting effort into everything you do, have a good attitude, are a great teammate, are taking care of business in the classroom, and you have no disciplinary issues within the school or community. If any of those things are an issue they need to be addressed before participation in games is a possibility.

Freshmen Football – This is the first year of “High School” football and playing time is going to start being earned at this point. Every effort will be made to get 100% participation in each game for all other players who are in good standing with the team. Player development is still the emphasis, but an effort will be made to win the games. Development for some will happen in practice and scrimmage situations. Coaches will try to split practice reps up as evenly as possible, so all players have an opportunity to continue to develop in individual and team practice sessions, even if they are not starters. Game time participation is not guaranteed and is at the discretion of the coaching staff.

JV Football – JV Football is for players who are one year away from contributing to the Varsity team. We use this level to get players ready to compete at the Varsity level the following season. Sometimes Freshmen are brought up to the JV level if the coaching staff finds it appropriate. Sometimes Juniors are asked to play JV football if they still need another year of development before they contribute to the Varsity team the following season. Often JV players are asked to move up to Varsity at some point during the season due to situations like performing well at that level or injuries at the Varsity level. Game time participation is not guaranteed and is at the discretion of the coaching staff.

Varsity Football – The players that give us the best chance to win the game will play, regardless of age or class. We have had several Freshmen play at the Varsity level over the years. Seniors and Juniors who are in good standing with the team will automatically suit up for Varsity games along with any sophomores and freshmen the coaching staff selects to fill out the roster. Every effort will be made to get all players in good standing with the team playing time once the outcome of a game has been decided. Game time participation is not guaranteed and is at the discretion of the coaching staff.

The team you start the season on is not necessarily the team you will stay on all season. A player may also be asked to suit up and play for two different teams. For example, you might be a Junior who suits up for the Varsity but also plays JV or a Freshmen who plays on the Freshmen team but also suits up with the JV on Monday nights.

Playing Time or Positions Played

There will NOT be any meetings or discussions between parents and coaches about playing time, positions played, or the level your son or daughter plays at (Freshmen, JV, Varsity). The answer to those questions will always be "It is what our coaching staff has determined is best for the needs of the TEAM and our PROGRAM."

Late or Unexcused Absence from Practice

For coaches to effectively plan a practice and for the team to function properly all players need to be on time and present for all practices. Being late or unexcused from practice not only affects the player's ability to learn, but also affects the team. If this situation occurs, consequences will be determined by the coaching staff on a situational basis. Consequences could include, but are not limited to, loss of playing time or conditioning to make up for time missed. It is important to schedule all appointments and family events outside of the scheduled practice time. Please refer to the calendar on the website for these dates and times.

To be considered excused from practice the head coach of the team you are on must be notified in advance, preferably in person, or through the Remind app. Having another player tell the coach you will be absent from practice is unacceptable and results in an unexcused absence. Players who are injured are still expected to attend all practices and team functions. *If you "no call, no show" at a job you typically get fired.*

Cut Policy

No players will ever be cut from the team due to physical ability. Players can be dismissed from the team for severe violations of our player expectations.

Player Expectations:

1. ALWAYS PROTECT THE PROGRAM
2. BE ON TIME
3. BE A GREAT TEAMMATE

If I violate any of the above, I will allow the Coaching Staff, Administration, and/or the Athletic Director to decide the appropriate disciplinary actions, including dismissal from the team if necessary, and I will respect their decision.

Social Media Policy & Guidelines for Football Players

Playing football for Hortonville High School is a privilege. Football players at Hortonville High School are held in the highest regard and seen as role models in the school and community. As leaders you have the responsibility to portray your team, your school, and yourselves in a positive manner always.

Facebook, Twitter, Instagram, Snapchat, and other social media sites have increased in popularity and are used by many of our football players in one form or another.

Football players should be aware that third parties - including teachers, school administration, parents, opponents, and future employers - can easily access your profiles and view all personal information. Inappropriate material found by third parties affects the perception the football player, the football program, and the school.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Content that is unsportsmanlike, derogatory, demeaning, or threatening toward any other individual, team, or entity.
 - This would include Trash Talking. Don't be a "Twitter Tough Guy."
- Photos, videos, or comments that refer to alcohol, tobacco, or drug related material.
- Photos, videos, or comments that are of a sexual nature. This may include links to websites of a pornographic nature and other inappropriate material.

- Content online that would constitute a violation of Hortonville High School or WIAA rules and regulations.
- Information that is sensitive or personal in nature to any member of the Hortonville Football Program.
 - Injuries
 - Eligibility
 - Game Plan

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so only your friends or followers can view your profile.
- Be aware of who you add as a friend or follower to your site or profile.
- Do not post personal information, like telephone number or home address, which could lead to unwanted attention.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the Hortonville Football Program. Remember, always present a positive image and don't do anything to embarrass yourself, your team, or your school. ALWAYS PROTECT THE PROGRAM!

By signing this handbook, you affirm that you understand the Hortonville High School Football Social Media Policy and the requirements that you must adhere to as a Hortonville football player. Failure to properly adhere to this policy will result in disciplinary action as deemed necessary by the Head Football Coach and his staff.

Hazing & Cell Phones

Hazing is any action taken or any situation created intentionally that causes embarrassment, harassment or ridicule and risks emotional and/or physical harm to members of a group or team, whether new or not, regardless of the person's willingness to participate. Hazing will not be tolerated in the Hortonville football program at any level. Anyone participating in this type of behavior will be referred to their school administration. Consequences could include being dismissed from the team.

Cell phone use is prohibited in the locker rooms. There is to be no use of a camera or any app like Snapchat that takes pictures or video in the locker rooms at any time. Violations will be referred to the high school administration.

Fundraising

All players participating in football will be asked to sell our Polar Bear Football Discount Cards to raise money for the program. 100% of the money raised goes back into the program. Players can qualify for incentives, like apparel, for selling their cards. Middle school players are asked to try and sell 5 cards each, Freshmen are asked to sell 10, and JV and Varsity players are asked to sell 20 cards. In the last 4 years we have purchased new uniforms for the middle school and high school programs with this money, as well as many other things. There are no punishments for not selling the cards. However, there may be certain rewards and incentives that you may not be able to take advantage of if you do not sell your cards. We are one of only two football programs in the FVA that do not charge a user fee for football. We avoid having to do that with our successful fundraising every year.

Game Uniforms & Equipment

Each player is issued a dark and light game jersey with game pants. It is their responsibility to take care of it and return it at the end of the year in good condition. The expectation is that after a game a player's uniform is washed immediately. That means every player must take their entire jersey home after a game and get it washed that night. If uniforms are left in lockers and are not washed in a timely manner the player may lose the privilege to wear that uniform. Players are responsible for the replacement cost of a uniform if it is lost or returned in poor condition not caused by general football wear and tear. Uniforms are NOT to be given to anyone to wear at games other than family members.

Two years ago, the Booster Club paid over \$18,000 for new varsity uniforms and it was disappointing to find them in a heap on the bottom of a locker on Monday mornings. We witnessed some players putting on dirty uniforms from the previous week's game that never got washed. At the end of the season some players tried to turn in unwashed uniforms. Because of this, some of our uniforms are already not in great condition. This will no longer be tolerated.

Sleep & Nutrition

In past seasons we have made an increased effort at the JV & Varsity level to educate our players on proper sleep and nutrition to help them create good habits. These habits are important for winning football games, but more importantly are essential for our players long term health. As coaches we could use the parents help in teaching and reinforcing the following habits:

- An athlete in training needs approximately 9 hours of sleep to let their brain and body recover so they can be at their best every day. Many of our athletes are not getting even close to this amount of sleep on a consistent basis. Having an approximate bedtime established and turning off the electronics at that time is essential to getting 9 hours of sleep during training.
- Players need to make sure they are properly hydrated before training. We encourage each athlete to have a water bottle they take with them all the time and drink water through out the day. A player's urine will be clear if they are properly hydrated. Weighing yourself before and after training each day is a good way to make sure you are replenishing the fluids lost from training.
- Make sure you always eat breakfast before any morning training or practice sessions. Many times, when we see players get sick during training we learn they have not eaten a proper breakfast.
- Every players diet will be different but encourage them to make healthy choices during our summer training and throughout the season. The benefits of training will not be maximized if we are not eating properly.
- Ty Wasmuth, our athletic trainer, can give you additional information on these topics or answer any questions.
 - He can be reached at TyWasmuth@hasd.org

Every team on our schedule is training to prepare for the season. Where we can get an advantage is by taking better care of ourselves and maximizing our recovery after the workouts. Teams that care about being great and individuals that care about being their best will take care of these things.

Lettering Policy

All players who finish the year in good standing and suit up for Varsity games will receive a letter.

End of Year Awards

Our Freshmen team and our JV/Varsity team will vote on the following awards and they will be given out at the end of year banquet.

- Most Improved
- Hardest Worker
- Best Attitude
- Best Teammate (top award)

We have a plaque in our trophy case that honors the player voted "Best Teammate" on the JV/Varsity team each year. It is the top award given out in our program.

2019 Player & Parent/Guardian Handbook Contract

Thank you for taking the time to carefully read this material. The coaching staff considers it an honor to work with your son or daughter. Please understand that it is only with your assistance that we can truly make an impact on your athlete.

Please sign and detach this sheet and give it to the head coach of your team prior to the start of the season.

By signing this form, you agree that you have received, fully read, and understand the 2018 Hortonville Football Player & Parent Handbook.

(Print player name)

(Player signature)

(Date)

(Print parent name)

(Parent signature)

(Date)

Please sign and return this page to the head coach of your team prior to participation.